

Sandy Springs Gymnastics Center at Hammond Park

WINTER TERM 2016: January 4 - March 28 (No Classes 1/18 and 2/15)

With more than 150 different gymnastics classes offered each term, we are sure to have the right class for your girl or boy. We offer classes for various skill levels from 12 months to 18 years old. Our facility has state of the art equipment and we have just opened our brand new preschool gym designed just for children 5 years old and under. All our professional coaches undergo regular training and are USA Gymnastics Safety, CPR, First Aid and AED certified.

Register Online: www.SandySpringsGA.gov/registration More Info: (770) 730-5600 or www.SandySpringsGa.gov/Gymnastics

Registration Begins at 10:00am

Priority Registration: **December 7** (for returning Summer or Spring term participants only)

Open Registration: **December 14**

* Note* Due to holidays Monday classes only meet for 11 weeks. The fees have been adjusted.

Disclaimer: Classes and instructors offered are subject to change. In addition, classes may be changed or cancelled if the minimum class requirement is not met.

Make up classes are not guaranteed unless the class is cancelled by the City of Sandy Springs.

Annual Registration Fee: \$25.00/ Fulton resident; \$35.00/non-resident

12-18 months - Wobblers

“Wobblers” - This parent assisted class focuses on learning social skills through development of basic motor skills, coordination, balance, strength and stretching. Each class begins with a group warm-up on the floor, then obstacle courses for challenging the tots by crawling, climbing, rolling and jumping. Wobblers will enjoy a soft, fun, interesting and colorful adventure throughout the gym with equipment just their size. (Co-ed), Class Length – 30 minutes, *parent participation required

Instructor	Day	Time	Location	Class	Duration	Fee	Activity #
Kat	Tuesday	11:00am	PS Gym	Wobblers	45min	\$102 / \$120	Gym1.101

18 months - 2 Years Old - Stepping Stones

“Stepping Stones” – This parent assisted class is for walking tots and the adults that love them. Participants learn tumbling, agility, strength and coordination skills in a fun and inviting setting. Focus is placed on the basic motor skills to help your child's overall development. Waiting their turn and good sportsmanship are positively reinforced. Soft, obstacle courses include the use of bars, beam, trampoline, spring boards, and floor. (Co-ed), class length – 45 minutes, *parent participation required

Instructor	Day	Time	Location	Class	Duration	Fee	Activity #
TBA	Monday	10:00am	PS Gym	Stepping Stones	45 min	\$102/ \$110	Gym2.101
TBA	Tuesday	10:00am	PS Gym	Stepping Stones	45min	\$102 / \$120	Gym2.102
TBA	Friday	5:00pm	PS Gym	Stepping Stones	45min	\$102 / \$120	Gym2.103

Ages 2-3 Yrs Old - Tumbling Tots

These parent assisted classes provide exposure to basic gymnastics skills, taking turns, following directions and social interactions. Students will build confidence, coordination, and strength while at play doing gymnastics. You and your child will explore bars, beams, vault and trampoline in obstacles that teach basic gymnastics skills along with developing stronger gross motor skills. This will be a time for you and your tot to start learning simple structure and is also a great transition into our Pre Gym classes. (Co-ed), class length – 45 minutes, *parent participation required

Instructor	Day	Time	Location	Class	Duration	Fee	Activity #
Emily	Monday	11:00am	PS Gym	Tumbling Tots	45 min	\$94 / \$110	Gym3.101
Emily	Monday	3:00pm	PS Gym	Tumbling Tots	45min	\$94 / \$110	Gym3.102
Emily	Monday	5:00pm	PS Gym	Tumbling Tots	45min	\$94 / \$110	Gym3.103
Kat	Tuesday	10:00am	PS Gym	Tumbling Tots	45min	\$102 / \$120	Gym3.104
Kat	Tuesday	4:00pm	PS Gym	Tumbling Tots	45min	\$102 / \$120	Gym3.105
Emily	Wednesday	11:00am	PS Gym	Tumbling Tots	45min	\$102 / \$120	Gym3.106
Emily	Wednesday	5:00pm	PS Gym	Tumbling Tots	45min	\$102 / \$120	Gym3.107
TBA	Thursday	10:00am	PS Gym	Tumbling Tots	45min	\$102 / \$120	Gym3.108
Tanner	Thursday	1:00pm	PS Gym	Tumbling Tots	45min	\$102 / \$120	Gym3.109
TBA	Friday	10:00am	PS Gym	Tumbling Tots	45min	\$102 / \$120	Gym3.110
Shannon StJohn	Saturday	10:10am	PS Gym	Tumbling Tots	45min	\$102 / \$120	Gym3.111
TBA	Saturday	10:10am	PS Gym	Tumbling Tots	45min	\$102 / \$120	Gym3.112
Emily	Saturday	11:00am	PS Gym	Tumbling Tots	45min	\$102 / \$120	Gym3.113
Emily	Saturday	1:00pm	PS Gym	Tumbling Tots	45min	\$102 / \$121	Gym3.114

Ages 3 - 4 Years Old - Pre Gym I

"Pre Gym I" - These classes are designed to teach participants basic gymnastics skills in a fun filled environment that includes playing games, fun stretches, jumping on the trampoline, and introduction to the Olympic gymnastics Equipment including bars, beam, floor and vault. (Co-ed), class length – 45 minutes, students participate on their own

Instructor	Day	Time	Location	Class	Duration	Fee	Activity #
TBA	Monday	11:00am	PS Gym	Pre Gym I	45min	\$94 / \$110	Gym4.101
Kat	Monday	5:00pm	PS Gym	Pre Gym I	45min	\$94 / \$110	Gym4.102
TBA	Tuesday	11:00am	PS Gym	Pre Gym I	45min	\$102 / \$120	Gym4.103
TBA	Tuesday	4:00pm	PS Gym	Pre Gym I	45min	\$102 / \$120	Gym4.104
Kat	Wednesday	11:00am	PS Gym	Pre Gym I	45min	\$102 / \$120	Gym4.105
Kat	Wednesday	5:00pm	PS Gym	Pre Gym I	45min	\$102 / \$120	Gym4.106
TBA	Thursday	1:00pm	PS Gym	Pre Gym I	45min	\$102 / \$120	Gym4.107
TBA	Friday	11:00am	PS Gym	Pre Gym I	45min	\$102 / \$120	Gym4.108
TBA	Friday	4:00pm	PS Gym	Pre Gym I	45min	\$102 / \$120	Gym4.109
Emily	Saturday	10:10am	PS Gym	Pre Gym I	45min	\$102 / \$120	Gym4.110
Shannon StJohn	Saturday	11:00am	PS Gym	Pre Gym I	45min	\$102 / \$120	Gym4.111
TBA	Saturday	11:00am	PS Gym	Pre Gym I	45min	\$102 / \$120	Gym4.112
TBA	Saturday	1:00pm	PS Gym	Pre Gym I	45min	\$102 / \$120	Gym4.113

Ages 4 - 5 Years Old Pre Gym II

"Pre Gym II" - These classes are designed to teach participants basic gymnastics skills in a fun filled environment that includes playing games, fun stretches, jumping on the trampoline, and introduction to the Olympic gymnastics Equipment including bars, beam, floor and vault. (Co-ed), class length – 45 minutes, students participate on their own

Instructor	Day	Time	Location	Class	Duration	Fee	Activity #
Kat	Monday	3:00pm	Gym	Pre Gym II	45min	\$94 / \$110	Gym5.101
Ina	Monday	4:00pm	Gym	Pre Gym II	45min	\$94 / \$110	Gym5.102
Katheryn	Monday	6:00pm	Gym	Pre Gym II	45min	\$94 / \$110	Gym5.103
Ina	Tuesday	4:00pm	Gym	Pre Gym II	45min	\$102 / \$120	Gym5.104
Kat	Tuesday	5:00pm	Gym	Pre Gym II	45min	\$102 / \$120	Gym5.105
Kat	Wednesday	10:00am	Gym	Pre Gym II	45min	\$102 / \$120	Gym5.106
Katheryn	Wednesday	2:00pm	Gym	Pre Gym II	45min	\$102 / \$120	Gym5.107
Emily	Wednesday	3:00pm	Gym	Pre Gym II	45min	\$102 / \$120	Gym5.108
Emily	Wednesday	4:00pm	Gym	Pre Gym II	45min	\$102 / \$120	Gym5.109
Katheryn	Thursday	4:00pm	Gym	Pre Gym II	45min	\$102 / \$120	Gym5.110
Ina	Friday	4:00pm	Gym	Pre Gym II	45min	\$102 / \$120	Gym5.111
Emily	Saturday	9:00am	Gym	Pre Gym II	45min	\$102 / \$120	Gym5.112
Ina	Saturday	11:30am	Gym	Pre Gym II	45min	\$102 / \$120	Gym5.113
Emily	Saturday	12:00pm	Gym	PreGym II	45min	\$102 / \$120	Gym5.114

Girls Ages 5 - 7 Years Old

Beginner/Intermediate – For beginners and students with previous experience (cartwheel, bridge, and handstand). These classes explore the traditional Olympic gymnastics events; bars, beam, vault and floor. Students have fun improving strength, flexibility and coordination. (Girls only)
Advanced – Front and back walkovers, round-offs, pull over on the bars Advanced classes are by invitation only, for an evaluation call (770) 206-

2037

Instructor	Day	Time	Location	Class	Duration	Fee	Activity #
Katheryn	Monday	2:00pm	Gym	Girls Ages 5-7 yrs	55min	\$110 / \$121	Gym 7.101
Katheryn	Monday	3:00pm	Gym	Girls Ages 5-7 yrs	55min	\$110 / \$121	Gym 7.102
Emily	Monday	4:00pm	Gym	Girls Ages 5-7 yrs	55min	\$110 / \$121	Gym 7.103
Katheryn	Monday	5:00pm	Gym	Girls Ages 5-7 yrs	55min	\$110 / \$121	Gym 7.104
Emily	Monday	6:00pm	Gym	Girls Ages 5-7 yrs	55min	\$110 / \$121	Gym 7.105
TBA	Tuesday	1:00pm	Gym	Girls Ages 5-7 yrs	55min	\$120 / \$132	Gym 7.106
Kat	Tuesday	3:00pm	Gym	Girls Ages 5-7 yrs	55min	\$120 / \$132	Gym 7.107
Katheryn	Tuesday	4:00pm	Gym	Girls Ages 5-7 yrs	55min	\$120 / \$132	Gym 7.108
Katheryn	Tuesday	5:00pm	Gym	Girls Ages 5-7 yrs	55min	\$120 / \$132	Gym 7.109
TBA	Tuesday	5:00pm	Gym	Girls Ages 5-7 yrs	55min	\$120 / \$132	Gym 7.110
Katheryn	Tuesday	6:00pm	Gym	Girls Ages 5-7 yrs	55min	\$120 / \$132	Gym 7.111
Kat	Wednesday	3:00pm	Gym	Girls Ages 5-7 yrs	55min	\$120 / \$132	Gym 7.112
Ina	Wednesday	3:45pm	Gym	Girls Ages 5-7 yrs	55min	\$120 / \$132	Gym 7.113
Kat	Wednesday	4:00pm	Gym	Girls Ages 5-7 yrs	55min	\$120 / \$132	Gym 7.114
Katheryn	Wednesday	5:00pm	Gym	Girls Ages 5-7 yrs	55min	\$120 / \$132	Gym 7.115
Emily	Wednesday	6:00pm	Gym	Girls Ages 5-7 yrs	55min	\$120 / \$132	Gym 7.116

Katheryn	Thursday	3:00pm	Gym	Girls Ages 5-7 yrs	55min	\$120 / \$132	Gym 7.117
TBA	Thursday	4:00pm	Gym	Girls Ages 5-7 yrs	55min	\$120 / \$132	Gym 7.118
TBA	Thursday	5:00pm	Gym	Girls Ages 5-7 yrs	55min	\$120 / \$132	Gym 7.119
Katheryn	Thursday	6:00pm	Gym	Girls Ages 5-7 yrs	55min	\$120 / \$132	Gym 7.120
Kat	Friday	4:00pm	Gym	Girls Ages 5-7 yrs	55min	\$120 / \$132	Gym 7.121
Gennadiy	Friday	4:00pm	Gym	Girls Ages 5-7 yrs	55min	\$120 / \$132	Gym 7.122
TBA	Friday	6:00pm	PS Gym	Girls Ages 5-7 yrs	55min	\$120 / \$132	Gym 7.123
Shannon St John	Saturday	9:00am	Gym	Girls Ages 5-7 yrs	55min	\$120 / \$132	Gym 7.124
Tanner	Saturday	9:00am	Gym	Girls Ages 5-7 yrs	55min	\$120 / \$132	Gym 7.125
Katheryn	Saturday	11:00am	Gym	Girls Ages 5-7 yrs	55min	\$120 / \$132	Gym 7.126
Gennadiy	Saturday	11:30am	Gym	Girls Ages 5-7 yrs	55min	\$120 / \$132	Gym 7.127
TBA	Saturday	12:00pm	Gym	Girls Ages 5-7 yrs	55min	\$120 / \$132	Gym 7.128

Girls Ages 7 - 9 Years Old

Beginner/Intermediate – For beginners and students with previous experience (cartwheel, bridge, and handstand). These classes explore the traditional Olympic gymnastics events; bars, beam, vault and floor. Students have fun improving strength, flexibility and coordination. (Girls only) Advanced – Front and back walkovers, round-offs, pull over on the bars Advanced classes are by invitation only for an evaluation call (770) 206-2037

Instructor	Day	Time	Location	Class	Duration	Fee	Activity #
Katheryn	Monday	4:00pm	Gym	Girls Ages 7-9 yrs	55min	\$110 / \$121	Gym8.101
Gennadiy	Monday	4:00pm	Gym	Girls Ages 7-9 yrs	55min	\$110 / \$121	Gym8.102
Gennadiy	Monday	5:00pm	Gym	Girls Ages 7-9 yrs	55min	\$110 / \$121	Gym8.103
Gennadiy	Monday	6:00pm	Gym	Girls Ages 7-9 yrs	55min	\$110 / \$121	Gym8.104
Gennadiy	Monday	7:00pm	Gym	Girls Ages 7-9 yrs	55min	\$110 / \$121	Gym8.105
Katheryn	Tuesday	3:00pm	Gym	Girls Ages 7-9 yrs	55min	\$120 / \$132	Gym8.106
Gennadiy	Tuesday	4:00pm	Gym	Girls Ages 7-9 yrs	55min	\$120 / \$132	Gym8.107
Tanner	Tuesday	6:00pm	Gym	Girls Ages 7-9 yrs	55min	\$120 / \$132	Gym8.108
Katheryn	Wednesday	4:00pm	Gym	Girls Ages 7-9 yrs	55min	\$120 / \$132	Gym8.109
Katheryn	Wednesday	6:00pm	Gym	Girls Ages 7-9 yrs	55min	\$120 / \$132	Gym8.110
Alex	Thursday	4:00pm	Gym	Girls Ages 7+ (ADVANCED)	90min	\$180 / \$198	Gym8.111
Katheryn	Thursday	5:00pm	Gym	Girls Ages 7-9 yrs	55min	\$120 / \$132	Gym8.112
TBA	Thursday	6:00pm	Gym	Girls Ages 7-9 yrs	55min	\$120 / \$132	Gym8.113
Kat	Friday	6:00pm	Gym	Girls Ages 7-9 yrs	55min	\$120 / \$132	Gym8.114
Katheryn	Saturday	09:00am	Gym	Girls Ages 7-9 yrs	55min	\$120 / \$132	Gym8.115
Gennadiy	Saturday	12:30pm	Gym	Girls Ages 7-9 yrs	55min	\$120 / \$132	Gym8.116
Tanner	Saturday	12:00pm	Gym	Girls Ages 7+ yrs (ADVANCED)	55min	\$120 / \$132	Gym8.117
Ina	Saturday	12:30pm	Gym	Girls Ages 7+ yrs	55min	\$120 / \$132	Gym8.118

Girls Ages 9+

Beginner/Intermediate – For beginners and students with previous experience (cartwheel, bridge, and handstand). These classes explore the traditional Olympic gymnastics events; bars, beam, vault and floor. Students have fun improving strength, flexibility and coordination. (Girls Only) Advanced – Front and back walkovers, round-offs, pull over on the bars Advanced classes are by invitation only, for an evaluation call (770) 206-2037

Instructor	Day	Time	Location	Class	Duration	Fee	Activity #
Kat	Monday	4:00pm	Gym	Girls Ages 9-13 yrs	55min	\$110 / \$121	Gym12.101
Tanner	Tuesday	5:00pm	Gym	Girls Ages 9-13 yrs	55min	\$120 / \$132	Gym12.103
Katheryn	Tuesday	7:00pm	Gym	Girls Ages 9-13 yrs	55min	\$120 / \$132	Gym12.104
Katheryn	Wednesday	3:00pm	Gym	Girls Ages 9-13 yrs	55min	\$120 / \$132	Gym12.105
Katheryn	Saturday	10:00am	Gym	Girls Ages 9-13 yrs	55min	\$120 / \$132	Gym12.106
Shannon St John	Saturday	12:00pm	Gym	Girls Ages 9-13 yrs	55min	\$120 / \$132	Gym12.107

Boys Ages 5 - 7

Beginner/Intermediate – These classes exemplify how rewarding gymnastics can be for boys. Students will have fun improving strength, flexibility, coordination with an emphasis on tumbling. Skills learned in gymnastics will enhance performance in other sports. (Boys only)

Instructor	Day	Time	Location	Class	Duration	Fee	Activity #
Tanner	Tuesday	4:00pm	Gym	Boys Ages 5-7 yrs	55min	\$120 / \$132	Gym6.101
Tanner	Thursday	6:00pm	Gym	Boys Ages 5-7 yrs	55min	\$120 / \$132	Gym6.102
Tanner	Saturday	10:00am	Gym	Boys Ages 5-7 yrs	55min	\$120 / \$132	Gym6.103

Boys Ages 8 - 13

<p>Beginner/Intermediate – These classes exemplify how rewarding gymnastics can be for boys. Students will have fun improving strength, flexibility, coordination with an emphasis on tumbling. Skills learned in gymnastics will enhance performance in other sports. (Boys only)</p>							
Instructor	Day	Time	Location	Class	Duration	Fee	Activity #
Alex	Tuesday	3:45pm	Gym	Boys 6+ ADVANCED	55min	\$120 / \$132	Gym9.101
Tanner	Thursday	5:00pm	Gym	Boys Ages 8-13 yrs	55min	\$120 / \$132	Gym9.102
Tanner	Saturday	11:00am	Gym	Boys Ages 8-13 yrs	55min	\$120 / \$132	Gym9.103
Co-Ed Tumbling Ages 8+							
<p>Beginner/Intermediate – These classes are designed to help with tumbling skills: handstands, walkovers, round-offs, back handsprings, back tucks, and combinations. Students will work only on the floor and trampoline. (Co-ed)Advanced –Advanced classes are by invitation only, for an evaluation call (770) 206-2037</p>							
Instructor	Day	Time	Location	Class	Duration	Fee	Activity #
Alex	Monday	3:45pm	Gym	Co-ed Tumbling Ages 8+ yrs ADVANCED	55min	\$110 / \$121	Gym11.101
Katheryn	Monday	7:00pm	Gym	Co-ed Tumbling Ages 8-12 yrs	55min	\$110 / \$121	Gym11.102
Alex	Wednesday	3:45pm	Gym	Co-ed Tumbling Ages 12+ yrs	55min	\$120 / \$132	Gym11.103
Alex	Thursday	5:30pm	Gym	Co-ed Tumbling Ages 8+ yrs ADVANCED	90 min	\$180 / \$198	Gym11.104
Kat	Friday	5:00pm	Gym	Co-ed Tumbling Ages 8- 12 yrs	55min	\$120 / \$132	Gym11.105
Tanner	Saturday	1:00pm	Gym	Co-ed tumbling Ages 8-12 yrs	55min	\$120 / \$132	Gym11.106
Girls Ages 13+							
<p>Tumbling classes are designed to help with tumbling skills: handstands, walkovers, round-offs, back handsprings, back tucks, and combinations. Students will work only on the floor and trampoline. (Girls Only)</p>							
<p>Beginner/Intermediate – For beginners and students with previous experience (cartwheel, bridge, and handstand).These classes explore the traditional Olympic gymnastics events; bars, beam, vault and floor. Students have fun improving strength, flexibility and coordination. (Girls Only)</p> <p>Advanced – Front and back walkovers, round-offs, pull over on the bars Advanced classes are by invitation only, for an evaluation call (770) 206-2037</p>							
Instructor	Day	Time	Location	Class	Duration	Fee	Activity #
Tanner	Thursday	7:00pm	Gym	Girls Tumbling Ages 13-17 yrs	55min	\$120 / \$132	Gym13.101
Special Needs Co-ed Ages 6-12							
<p>Sparkling Stars Gymnastics – These 45min classes held once a week will use basic gymnastics equipment and other fun activities to develop strength and flexibility, self-confidence and body awareness. Group classes are taught by exceptional coaches that are specifically trained to work with the special needs community. Children with mild disabilities or moderate physical disabilities can attend. Private 1:1 classes are also available.</p>							
Tanner	Thursdays	4:15pm	PS Gym	Sparkeling Stars Ages 6-12 yrs	45min	\$102 / \$120	Gym18.101
Adults							
<p>The adult gymnastics class incorporates balance, flexibility, stretching, and strength. This is the perfect all-around workout that uses every muscle in your body and helps develop gymnastics skills for all levels. This class is fun, rigorous and challenging for the former gymnast or any adult that wants to experience an exciting way to exercise. Your body will feel great and your friends will be impressed.</p>							
Instructor	Day	Time	Location	Class	Duration	Fee	Activity #
Alex	Monday	7:45pm	Gym	Adult	55 min	\$110 / \$121	Gym14.101
Tanner	Tuesday	7:00pm	Gym	Adult	90min	\$180 / \$198	Gym14.102